



## Flat Breads

(Serves 5)\_Preparation time: 30 mins

Equal quantities of self-raising flour and natural yogurt  
(eg 200g & 200g)  
pinch of salt

Place ingredients in a bowl and mix altogether  
Make hand size balls then flatten  
Dry fry on a low heat (with no oil) until slightly  
browned on each side.

**Nutrition per serving (approx 80g dry ingredients)**

**Calories 161 kcal**

**Salt 0.06g**

**Sugar 2.3g (starch carbohydrate)**

**Fat 2g**